



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

September, 2019

SPECIAL EVENTS

Monday, September 2nd

CLOSED - Labor Day

Tuesday, September 3rd

Special Luncheon Drawing

Wednesday, September 4th

Monthly Birthday Party - Noon

Dinner Time Music by Connie

Thursday, September 5th

11:30 - Music by Anne Isom

Friday, September 6th

Herman Chiropractic

Spinal Clinic

Monday, September 9th

9:15 am - Toe Nail Clinic

Thursday, September 12th

Dinner Time Music by Connie

Friday, September 13th

11:00 - Wayne Eye Care

11:30 - Val Koeber Music

Century Club Movie Luncheon Drawing

Monday, September 16th

Noon - Special Luncheon Drawing

Tuesday, September 17th

11:30 - Spotlight on Promise

Wednesday, September 18th

9:30 - Noon: Health Clinic

12:30 - Board Meeting

Thursday, September 19th

Dinner Time Music by Connie

Friday, September 20th

FINE DINING FRIDAY

11:30 Music by Dan Hansen

Monday, September 23rd

FALL BEGINS

Wear Your Favorite Hat

Tuesday, September 24th

Telecommunication Tips: 11:45

Wednesday, September 25th

11:45 - Nutrition Visit by Ann Fenton

Thursday, September 26th

Dinner Time Music by Connie

Friday, September 27th

Noon - Providence BINGO Certificates

Monday, September 28th

11:45 - Fire Safety Tips by Phil

Every Friday - BINGO @ 1:00 pm



LABOR DAY - September 2nd, 2019

The first Labor Day observance in the U.S. took place in New York City on September 5, 1882. There was a parade in accordance with the plans of the Central Labor Union for a "workingman's holiday." Oregon was the first state to officially celebrate Labor Day, and the federal government made it a legal holiday in 1894 to be held on the first Monday in September. It is a public holiday in the United States and Canada and celebrates workers. Many people have this day off from work, and it is a farewell to summer. Labor Day is held in many other countries on May 1.

"Choose a job you love, and you will never have to work a day in your life." Confucius

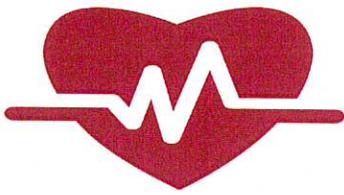


Genius is 1% inspiration and 99% perspiration."

Thomas Edison

No one knows this better than Thomas Edison. He had 1,000 tries before he invented the light bulb. When asked about all the times he failed, he simply stated, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."

**We will be closed on Labor Day - Monday September 2nd
Join us for Brunch for Lunch on Tuesday, September 3rd
Serving ALL YOU CAN EAT PANCAKES (only)
Scrambled Eggs - Sausage Patty - Fruit Cup
Tomato & Orange Juice (Serving from 10:00 to Noon)**



**Wayne Senior
Center
HEALTH CARE
OPPORTUNITIES**



FRIDAY - SEPTEMBER 6TH

11:00 to Noon: Spinal Clinic by
Herman Chiropractic

MONDAY - SEPTEMBER 9TH

9:15- 11:30: Toe Nail Clinic by Rachael
(Call the center for a time slot)

FRIDAY - SEPTEMBER 13TH

11:00 to Noon: Eye Glass Clinic
By Wayne Eye Care

WEDNESDAY - SEPTEMBER 18TH

9:30 to Noon: Health Clinic by
Connie & Rhonda

Blood Pressure - Blood Sugar
Heart Rate - O2 Level

TUESDAY - SEPTEMBER 24TH

11:45 - Tips on avoiding telecommunications
scams that continue to cost Americans mil-
lions of dollars each year

WEDNESDAY - SEPTEMBER 25TH

11:45 : Nutrition Visit by Ann Fenton

MONDAY - SEPTEMBER 30TH

11:45 : Fire Safety visit by Phil

1 MILE WALK EVERY MORNING

Center opens @ 8:00 am

FROG EXERCISES

(Fitness Reaching Older Generations)

Monday - Wednesday - Friday @ 9:15

ALL HEALTH CARE OPPORTUNITES

AND EXERCISE PROGRAMS ARE

FREE TO ALL OUR SENIOR FRIENDS

Your participation in all these opportunities

Helps with Incentive dollars from

N.E. Nebr. Area On Aging

**BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
INSTEAD, IT'S A
lifestyle.**

Tuesday - September 3rd

Noon - Special Luncheon Drawing
By Country View

Wednesday - September 4th

Noon - Monthly Birthday Party Day
Cake Served at Center @ Noon with
Music provided by Connie Webber

Friday - September 13th

Noon - Century Club Movie Day
Luncheon Certificates by Brookdale
Come and Wish Nicole "Happy Birthday"

Monday - September 16th

Noon - Special Luncheon Certificates
By Country View

Friday - September 20th

Fine Dining Friday w/ our Providence friends

Friday - September 27th

Noon - Providence Bingo
Luncheon Certificates

Noon Dining Time is from 12:00 - 12:45

*We ask that any Social Activities held in the Dining
Room start after that time! Thank you!*



Dinner Time Music by Connie Webber

Wednesday, September 4th &

Thursdays, September 12th, 19th, 26th

Music by Anne Isom

Thursday, September 5th @ 11:30

Music by Val Koeber

Friday, September 13th @ 11:30

Music by Spotlight on Promise

With the Wayne State College Students

Tuesday, September 17th @ 11:30

Music by Dan Hansen

Friday, September 20th @ 11:30

"Where words fail, Music Speaks"

Hans Christian Anderson

Wayne Senior Center at Wayne, Nebraska --

Monthly Business Meeting

Wednesday, August 21, 2019

Wayne Senior Center President George Burcum called the meeting to order at 12:30 p.m.. Roll Call: Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Secretary: Verna Mae Baier. Treasurer: Joan Lage.. Absent: Vice President: Carol Dunning and Board Member: Norma Backstrom.

The minutes from the July 17 2019 business meeting were approved as presented and printed in the August edition of The Senior Star in a motion made by Joan Lage and seconded by George Burcum. Motion carried., Treasurer Joan Lage presented the treasurer's report for 7-10-19 through 8-9-19 with expenses of \$256.30. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by George Burcum. Motion carried

Open Issues:

1. Staff member Nicole Heeren is working as her Wayne State College schedule allows. Van Driver Roger Hochstein is planning to return sometime in September.
2. Coordinator Bertrand presented an overview of the Senior Center Constitution as of 8-21-19. An overview of the amendments as of 8-21-19 were also presented. An overview of Board Member Responsibilities as of 8-21-19 were also presented. The Center Board signed their agreement with all these overviews.
3. Officers were chosen for the upcoming year: President: George Burcum, Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Joan Lage and Board Member Francisco Morales. All board members agreed to serve these respective positions. The Center Board thanks Norma Backstrom for her many years of service on the Center Board.
4. Coordinator Bertrand presented an overview of NENAAA policies: Conflict of Interest Policy, Whistle Blower Policy, Drug Free Policy, Bloodborn Disease Policy, Pandemic Influenza / Disaster Plan Policy and Personnel Policy. All board members in attendance signed these yearly policies.
5. Coordinator Bertrand presented an overview of Senior Center / Van Policy. This included Dress Code, Prayer Policy, Emergency Meal Policy, Center Closing Policy, Senior Center & Handi-Van Refusal Policy, Background Check Policy, and Reporting Abuse and Neglect Policy. Board members are in agreement with the terms of these Center / Van Policies.
6. Details of the approval of the addition of a Walk - In Freezer were presented. Discussion will continue on the financial arrangements of this project.
7. Additional Concerns: With Board approval, Coordinator Bertrand is requesting that afternoon card playing in the dining room start no earlier than 12:45 p.m. This will allow for adequate time for participants to finish their noon meal and for clean up to be completed.

President Burcum declared the meeting adjourned at 1:15 p.m. Next meeting will be September 25, 2019.

Verna Mae Baier, Secretary

Tips for Caregivers of Elderly Loved Ones

Seniorliving.org

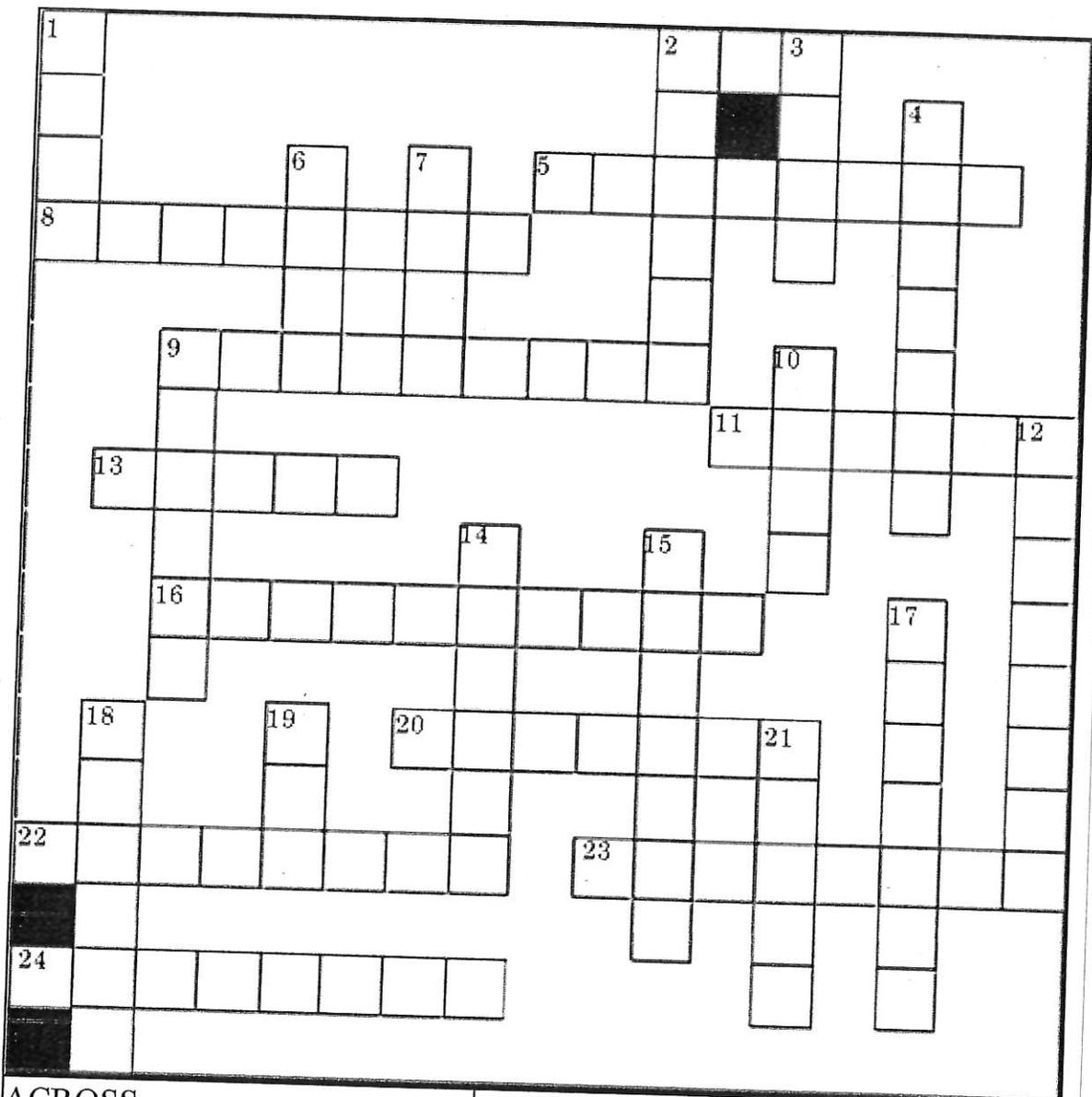
Caring for a loved one with dementia caused by Alzheimer's, stroke, or even "cancer brain" requires special caregiving skills. The challenge becomes especially great (and painful) when a cognitively impaired loved one loses the ability to recognize a long-time spouse, child, or other family member.

The eight tips below will make your caregiving experience easier.

1. **Learn about your loved one's disease so you know what to expect.** Breaking down tasks into single easy-to-comprehend steps helps people with dementia to succeed. If your loved one constantly repeats a question, answer it as if this is the first time it is asked. *If s/he honestly remembered the answer, s/he would not ask the question repeatedly.*
2. **Attend support group meetings or participate online.** Ask questions even if you think you know the answer. You're not alone. Others are walking the same road. Together you will learn better ways of caregiving.
3. **Make direct eye contact then address your loved one where s/he is.** If happy, smile and greet with enthusiasm. If solemn, speak in a lower and more calming tone. Touch and give a hug, if appropriate.
4. **It's okay to get frustrated and even angry.** Find an appropriate outlet for your feelings. Try to exercise or call a fellow caregiver. At the very least, STOP and take a deep breath. *Remember why you became a caregiver in the first place.*
5. **LAUGH. Find the JOY in the smallest things. SMILE.**
6. **Seek respite, if even for five minutes.** Martyrs are not heroes. NEVER say, "NEVER." *Making promises when you really can't know the full scope of what you're getting into is unfair to you and your loved one.* Consider your options—adult day care, in-home care, board and care, assisted living and skilled nursing care.
7. **Seek competent professional advice regarding legal, financial, and health care matters.** Then talk with someone you trust about the advice you receive. Have all your questions answered before you sign anything.
8. **Most importantly, care for your loved one the way you want to be treated, if you needed care for this same disease.**

These eight TIPS for Caregivers will ensure you survive, thrive, and even find the joy in caregiving if you learn as much as you can about the disease, how to communicate, deal with anger, take respite, and seek help while considering your options.

Labor Day Crossword Deluxe



ACROSS

- 2 Take a plane
- 7 Monday through Friday
- 8 Day honoring worker
- 9 Holiday month
- 11 Lunching outside
- 13 Earnings paid by
- 16 Profession
- 20 Tenting
- 22 Production sector
- 23 Workers
- 24 Cookout

DOWN

- 1 Autumn
- 2 Old MacDonald was one
- 3 Sign of sleepiness
- 4 Saturday and Sunday
- 5 Excursion
- 6 Not on time
- 9 Kids return to after Labor Day
- 10 Card punched at work
- 12 Outside grilling
- 14 Annual pay
- 15 Day of celebration
- 17 Laborers
- 18 Day of week for holiday
- 19 Travel on to school
- 21 Products

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	
CROPS	LONGER NIGHTS	SEASON	



BOARD MEETING

JOIN US FOR OUR MANY

SOCIAL ACTIVITIES

AM & PM Coffee Times

Quilting - Puzzling

Pool - Afternoon Card Groups

We Request that all Social Activities held in Dining Room Do not begin until after 12:45.

**Dining Time only from
12:00 noon to 12:45 pm**



National Grandparents Day

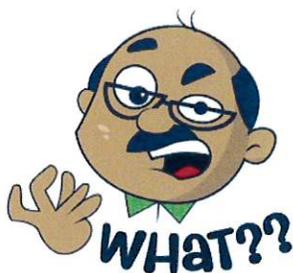
Sunday - September 8th

Beginning in 1970, Marian McQuade, a West Virginia housewife and mother of 15 children, initiated a campaign to set aside a day to honor grandparents. In 1978, the U.S. congress passed legislation proclaiming the Sunday after Labor Day to be National Grandparents Day, and the proclamation was signed by President Jimmy Carter. The month of September was chosen to signify the "Autumn Years" of life, and the forget-me-not was chosen as the official flower.

Grandparent's Texting Codes

- ATD: At The Doctor's
- BTW: Bring The Wheelchair
- BYOT: Bring Your Own Teeth
- CBM: Covered By Medicare
- FWIW: Forgot Where I Was
- IMHO: Is My Hearing Aid On?
- LWO: Lawrence Welk's On
- WAITT: Who Am I Talking To?
- WWNO: Walker Wheels Need Oil
- OMMR: On My Massage Recliner
- GGPBL: Gotta Go, Pacemaker Battery Low

Monthly Board Meeting
Wednesday
September 18th
12:30 pm



FRIDAY - SEPTEMBER 13TH

International Chocolate Day

This is the birth anniversary of Milton Hershey (1857-1945)



Each year has at Least one Friday The 13th - but Never more than Three. In 2019 There are two. The Other one is In December.



The First Day of Fall is Monday - September 23rd
Let's Bring in Fall with a fun **HAT DAY!**

Wear your favorite hat & Welcome Fall

WHY I LIKE RETIREMENT!

- QUESTION:** When is a retiree's bedtime? **ANSWER:** 2 hours after falling asleep on the couch!
- QUESTION:** What's the biggest gripe of retirees? **ANSWER:** There is not enough time to get everything done!
- QUESTION:** Why don't retirees mind being called Seniors? **ANSWER:** The term comes with a 10% discount
- QUESTION:** Why are retirees so slow to clean out the basement or garage? **ANSWER:** They know that as soon as they do, one of their adult kids will want to store stuff there!!

September 8th through 14th KISS A BALD HEAD WEEK

Annually celebrated on September 13 by those that are bald and those that love them. It may be by choice that one is bald, it may be hereditary, are or it might be from medication or illness. Whatever the reason, this week in September is the time for all to join together to say "BALD - IS - BEAUTIFUL!"

No need for hats, scarfs or cover-ups of any kind - **LET IT SHINE!**



Wonton Food (World's largest producer of fortune cookies) has 15,000 unique fortunes in its database. You might think it's a lot but there are over 4 million cookies produced each day - and each of those cookies has its own fortune tucked inside. Annually, the number is exponentially higher. There are approximately 3 billion cookies made each year worldwide. **"That's a Fortune"**

HARVEST MOON

The full moon closest to the autumnal equinox is traditionally called the "Harvest Moon" because its brightness allows farmers to work in their fields in the moonlight!



